

HEALTH and PHYSICAL EDUCATION

The Health and Physical Education curriculum is a comprehensive program that promotes overall wellness. Ninth and tenth grade students will complete three mandatory Physical Education units per year.

ROTATION 1

GYM	MP1	MP2	MP3	MP4
EAST	WGT RM/FIT PICKLE BALL OTDR GM	WGT RM VOL BALL INDR GM	WGT RM VOL BALL INDR GM	WGT RM/FIT PICKLE BALL OTDR GM

GYM	MP1	MP2	MP3	MP4
WEST	VOL BALL OTDR GM FITNESS	INDR GAMES TEAM BLDG FITNESS	INDR GAMES TEAM BLDG FITNESS	VOL BALL OTDR GM FITNESS

ROTATION 2

GYM	MP1	MP2	MP3	MP4
EAST	WGT RM BADMNT OTDR GAMES	WGT RM VOL BALL INDR GM	WGT RM VOL BALL INDR GM	WGT RM BADMNT OTDR GAMES

GYM	MP1	MP2	MP3	MP4
WEST	VOL BALL OTDR GM FITNESS	FITNESS TM BLDG INDR GAMES	FITNESS TM BLDG INDR GAMES	VOL BALL OTDR GM FITNESS

Each unit will be a marking period in length and consist of three or more activities. All students will be expected to demonstrate and understand the following components of fitness:

Body Composition, Cardiovascular Endurance, Flexibility, Speed, Reaction, Muscular Endurance, Muscular Strength, Agility, Balance, Coordination, and Power.

All students will participate in a department fitness assessment program based on the Fitness Gram. Students will be assessed three times each school year.

Health units will explore two health related areas and will be a marking period in length. The freshman health unit includes Harmful Substances and Driver Education. During the Harmful Substance segment of the unit, students will receive information ranging from alcohol and substance abuse and misuse to the more complex issues facing teenagers and adults in today's society. Driver Education exposes students to all phases of driving and the responsibilities that are associated with driving. This is a theory class and does not include actual "Behind the Wheel" training.

The sophomore health unit includes Family Life and CPR/First Aid. Family Life topics include self-awareness, values, communications,

and decision-making skills. While some sensitive issues are explored, the primary focus is to provide general information to support the more in depth discussions during junior year health. CPR/First Aid provides the student with the opportunity to earn American Red Cross certification in First Aid, CPR, and the use of the defibrillator. (AED).

The junior health unit includes Human Sexuality and Current Health Issues. Human Sexuality provides students with knowledge concerning birth control, pregnancy, birth, and parenting. Students will be given information that will enable them to make responsible decisions that will affect the rest of their lives. Current Health Issues will provide information about the various health issues in our society today. Students will acquire an awareness of agencies that are available as a source of assistance to them.

The senior health unit includes Current Health Issue Research and Defensive Driving. Current Health Research provides students with the opportunity to investigate and discuss some of the more perplexing health issues of their choice. Each student will be part of a group that produces a research paper and oral report from a list of current topics. The Defensive Driving segment of the unit is affiliated with the National Safety Council. Materials covered include hazard recognition, collision prevention, and driving violations. Students passing the safety test may be eligible to receive auto insurance reductions. Students who are on long term medical excuse from physical education classes should refer to the student planner or curriculum guide concerning credit retrieval for assignment options.

ELECTIVE

Lifetime Fitness and Wellness

CP-A

This half-year course is designed to encompass the major facets of Lifetime Fitness and Wellness. Research has shown that consistent exercise regimens and a good healthy diet can reduce a person's chances of disease, decrease rates of physical injury, lead to improved brain function and produce feelings of wellbeing within in the mind. This course will introduce the student to the basics of proper nutrition and the importance and the fundamental benefits of physical activity. This course will be much more specific than a standard PE class; classroom components will include muscle knowledge and function, nutrition, and training program theory. Physical components will include Cardiovascular Endurance, Muscular Strength building, Core Stability, Flexibility and Balance. Students who take this course will have the opportunity to increase their level of Physical fitness and take the knowledge and skills that they learn with them after the course has concluded.

Grades 10-12

2.5 Credits

This course must be taken in conjunction with Personal Finance.